

Wellness & You



Elim Park Place Newsletter

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Happy Valentine's Day

Benefits of Massage

Massage therapy used to be considered a luxury, but the therapeutic benefits have made it a complementary form of medicine. Massage therapy, when combined with traditional medical treatments, is used to reduce stress and pain and promote healing in people with certain health conditions. The benefits of massage are as follows:

- Helps relieve stress
- Helps relieve muscle tension and stiffness
- Fosters faster healing of strained muscles and sprained ligaments
- Reduces pain, swelling and formation of excessive scar tissue
- Provides greater joint flexibility and range of motion
- Reduces muscle spasms
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Strengthens the immune system
- Rehabilitates after injury
- Treats musculoskeletal problems
- Fosters peace of mind
- Promotes a relaxed state of mental alertness
- Enhances capacity for calm thinking and creativity
- Satisfies needs for caring, nurturing touch
- Fosters a feeling of well-being
- Reduces levels of anxiety
- Increases awareness of mind-body connection

What to Expect During Massage

If you are not familiar with massage, the following will help you understand the process. The massage therapist will ask what you want from your massage and will also want to know about any medical conditions you may have.

You'll be asked to remove your clothes, but this is optional. The therapist will give you privacy while you take your clothes off and provide a blanket to cover yourself. A good massage therapist will protect your modesty and keep you covered as much as possible throughout the massage.

Most massages will require you to lie on a padded table, but adjustments are made to accommodate those who cannot lie flat. Pillows or bolsters may be used to position you, allowing you to relax completely. Music may play softly while you're massaged.

Some massage therapists use oils or lotions to reduce friction while massaging your body. If you're allergic to any ingredients commonly found in body oils and lotions, tell your massage therapist. You may opt not to use oils and lotions.

During a massage, a therapist manipulates the soft tissues (muscles, skin and tendons) using his or her fingertips, hands and fists. Pain that is more significant than momentary discomfort could indicate that something is wrong. If a massage therapist is pushing too hard, tell him or her to lighten the pressure. Your massage therapist should receive feedback from you to determine how best to massage you.

Massage is generally safe as long as it is performed by a trained therapist. It's one of several useful tools for managing your health, but it doesn't take the place of standard medical treatment and exercise. As always, consult your doctor if you have any concerns.

Fit Steps to perform at February Birthday Party

The Fit Steps class will perform one of their aerobic routines at the birthday party on February 20th. Come watch this talented group show off their fancy footwork!

Family Swim Days

Saturday, February 14th & 21st
1:00pm – 4:00pm
These dates are the Saturdays of February vacation. Bring the grandchildren for a swim during their time off from school!

National Wear Red Day

Friday, February 6, 2009
Wear "Red" in support of Women's Heart Disease

No Aquatics Classes

Monday
February 16th



Taking Care of Your Swimsuit!

- Start with a good quality swimsuit and it will last longer. Many companies use chlorine resistant fabrics. If the suit is chlorine resistant it will be included in the description. Chlorine still may harm these swimsuits but it will take longer. The material the suit is made out of makes a difference; polyester will hold up well and spandex will not.
- Wash your suit by hand with mild soap after every use. Never put a suit in the washing machine as it will break down the fabric, such as Lycra, in the suit. After washing, air dry your suit lying flat if possible.
- Avoid using bathing suit “wringers” available in many locker rooms. These machines get extra moisture out of the suit but are very rough on the material.
- Alternate suits. Try to give your suit at least 24 hours to dry before reusing. This gives the fabric time to go back to its original shape and prevent the suit from stretching.

WELLNESS CENTER SAFETY TIPS

The Wellness Center Staff is looking forward to a great new year filled with positive gains in strength, power, flexibility and overall fitness.

The following is a list of tips and reminders about staying safe while we strive to reach our goals.

Come to Class on Time – Rushing causes us to lose focus and that is when accidents will happen, when we are not focusing. You may also miss the class warm-up. Muscles need to be warmed up gradually. A missed warm-up makes you susceptible to injury.

Drink Plenty of Water Before, During and After Class – Dehydration causes many things including dizziness and muscle cramps, two things that we would rather do without. Very few participants bring water bottles to class with them. Please make water consumption during class a priority. Don't worry; restrooms are abundant in the Wellness Center.

If Needed Make Several Trips When Collecting Equipment - Juggling weights, band, balls, etc. can get pretty cumbersome at times. Only pick up what you can properly carry comfortably and then come back and collect the rest. Even a two pound weight hurts when it is dropped on a toe.

Be Aware Of Obstacles – All equipment should remain stowed underneath your chair when not in use. Balls will roll and the chairs move a bit when we get up and out of them. Look before you step.

Aquatrend Water Workout Demonstration

Tuesday, February 17th at 2:30pm
at the pool

The Water Workout Station is a piece of equipment on the edge of the pool that offers total body conditioning to increase strength, flexibility and endurance. Individuals with arthritis, osteoporosis and other diseases can achieve beneficial results due to the warm, buoyant water. A demonstration of the exercises that may be performed on the Station will be provided. It is not necessary that attendees get into the pool, but they have the option of participating if interested. Please sign up at the Reception Desk in the Wellness Center if interested.

Pediatric Aquatic Therapy

On Thursday, January 29th, Cheshire Fitness Zone, L.L.C. began using the pool for Pediatric Aquatic Therapy in the afternoon. Mr. Craig Goldstein and his physical therapy staff will provide one-on-one therapy for children every Thursday from 3:00pm to 6:00pm and may add Friday afternoon as well if necessary. Therapy does require a lot of pool space, therefore the pool will remain open for use to residents and staff. Mr. Goldstein is responsible for staffing the Reception Desk in order to maintain the security level we have come to expect. Please join the Wellness Department in welcoming Cheshire Fitness Zone to our facility. Please contact Barbara Womer at Ext. 371 for questions or concerns.

Swimsuit Sale

H2O Wear is coming to the Wellness Center, Friday, February 27th from 8:00a.m. to 1:00p.m. A large selection of suits will be available to try on using the locker rooms and therapy rooms for changing. **H2O Wear** specializes in Chloro-Guard garments which are guaranteed to maintain 90% of their original elasticity and recovery for a full year.